

Slow Cooker Beef Stew

Rating: ★★☆☆

Makes: 6 servings

Ingredients

2 pounds stew meat (cut into 1 inch cubes)
1/4 cup flour (all purpose)
salt and pepper (optional, to taste)
2 cups water
2 teaspoons beef bouillon (2 cubes)
1 garlic clove (finely chopped)
3 carrot (sliced)
3 potatoes (diced)
2 onion (chopped)
1 celery stalk (sliced)
Add herbs as desired: bay leaf, basil, oregano, etc

Directions

1. Place meat in slow cooker.
2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
3. Add remaining ingredients and stir to mix.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	6 g	9%
Protein	27 g	
Carbohydrates	22 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	2.5 g	13%
Sodium	290 mg	12%

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